



OSCAR ODDS

WILL IT BE BEASTS OF THE SOUTHERN WILD OR
MEGA-MUSICAL LES MIS? IT'S NOT TOO EARLY TO START
THE OFFICE POOL FOR WHO GETS THE NOD IN 2013

PAGE 12



OTTAWA

metro

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Tuesday, November 6, 2012



News
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Stem-cell bank gives hope to leukemia, lymphoma patients



Left: Alysha Dykstra receives one of her 42 stem-cell blood transfusions in 2009. Right: Today her cancer is in remission. There are nearly 1,000 patients in Canada on a waiting list for a stem-cell match. CONTRIBUTED

Canadian Blood Services. \$48-million bank to help cancer and sickle-cell patients from around the world



GRAHAM LANKTREE
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Umbilical cords from babies born in Ottawa may soon help save the lives of leukemia, lymphoma and sickle-cell patients around the world after Monday's unveiling of Canadian Blood Services' \$48-million stem-cell bank.

On hand for the announcement was eight-year-old Alysha Dykstra, who in 2009 received an

umbilical-cord-blood stem-cell transplant through 42 transfusions after she was diagnosed with a rare form of leukemia.

"If she hadn't gotten it, we might be at a very different place," said Alysha's mom, Karen, as her daughter stood beside her, smiling. "Each match saves a life."

The Ottawa Hospital's General and Civic campus

will be the first in Canada to begin collecting umbilical-cord-blood stem cells in 2013 before the bank is rolled out in Edmonton, Toronto and Vancouver in 2014.

"Patients do better with a stem-cell transplant," said Dr. Graham Sher, CEO of CBS, adding the group hopes to have 20,000 viable stem-cell samples. "There's no connection back to the donor. When

you bank the cell, you have immediate access to them."

One particular challenge of treating such diseases in the past, Dr. Sher said, is the diversity of Canadian ethnicity.

The stem cells need to be genetically matched to work. Right now, half of the patients who need transplants are unable to find matches.

The OneMatch Stem

Cell and Marrow Network will contribute to a pool of 500,000 stem-cell samples worldwide.

"Those with leukemia and lymphoma are some of the sickest patients in our hospital," said Dr. Jack Kitts, CEO of the Ottawa Hospital. "Hope is a stem-cell transplant. These patients are dependent on the selfless act of another human being."

CLASSES STARTING MONTHLY

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Program Objective

This program prepares you to become a vital and valued member of a legal team in a variety of work environments such as law firms, legal departments, governments and financial service companies to name just a few! Strong administrative skills combined with an excellent foundation of legal and procedural knowledge allows you to help the legal team to function smoothly and efficiently.

Career Opportunities

Numerous career opportunities exist for Legal Assistants. Law offices, courts, financial organizations, insurance companies, Police and armed forces are but a few of organizations requiring Legal Assistants. Algonquin Careers Academy provides hands on instruction in a well-equipped classroom. The Legal Assistant Diploma program consists of 34 weeks of training, including a 4 week co-op placement.

Courses included in the Legal Assistant program are:

- General Law Office Procedures
- Wills and Estates
- Civil Litigation
- Real Estate Law
- Family Law
- Corporate and Commercial Law
- Principals of Canadian Law and Legal Terminology
- Introduction to Computers (Word, Excel, PowerPoint)



Paralegal

Program Objective

Part-time evening program now available!

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam, you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on" training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

Career Opportunities

The need for well-trained, competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations



Personal Support Worker

Evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 27 week program includes 11 weeks of clinical placement.

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Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 33 week diploma program and includes a 4 week co-op placement.

Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

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Cycling safety. Carleton U hosting community discussion

The death of Carleton student Krista Johnson, 27, who was struck and killed while cycling on Bronson Avenue, was a wake-up call about cycling safety in Ottawa, says one of the politicians attending a town-hall style discussion on the issue at Carleton University Tuesday.

"Politicians need to catch up with where people are at," said Ottawa Centre MP Paul Dewar. "We need to see more leadership at all levels of government, not just promoting the idea of cycling, but also supporting infrastructure and awareness."

Dewar will join other local politicians, safe cycling advocates, students and community members at noon at Carleton's Porter Hall for the gathering. Students and staff can get free bike tune-ups between 10 a.m. and 5 p.m. on the University Centre's main floor.

Dewar's fellow town hall panelist Hans Moor, president of Citizens for Safe Cycling, said students should lead efforts to make Bronson safer.

"The easiest thing is to say, 'Someone else should do it,' but I can guarantee not much will happen," said Moor. "I don't know if you've heard the term slacktivism, but you have to get involved in your city to make change."

Panelist Seamus Wolfe, supervisor for the University of Ottawa Bike Co-op, said getting involved has been harder since the city consolidated its cycling committee into the environmental stewardship committee.

"Students used those committees to bring issues forward, and now we have even less of an ability to bring our voices to City Hall," said Wolfe.

ROSANNA HAROUTOUNIAN/FOR METRO

Over the Rainbow a 'launching pad' for Ottawa woman's career

It was a major upset for Ottawa's Stephanie La Rochelle, who lost her chance Monday night at the coveted role of Dorothy in Andrew Lloyd Webber's production of The Wizard of Oz.

The 18-year-old was the runner up in the talent search series Over the Rainbow on CBC TV, after host Daryn Jones announced Danielle Wade of LaSalle, Ont., would don the ruby slippers.

"It's hard to hear that, but I'm so happy for her and she totally deserves it," said La Rochelle by phone from Toronto Monday night.

A.J. Bridel of Kitchener, Ont., came in third place after Canadian viewers cast their votes



Stephanie La Rochelle
COURTESY OF
CHRIS BUTTERA

following Sunday's broadcast until Monday at noon.

The results hadn't sunk in for La Rochelle Monday night, but after it does, she said she might try to find an agent and look for auditions or possibly go back to school.

What she is sure about is what this show has done for her professional life.

"This has just been a launching pad for my career. And the publicity and the learning ex-

perience has been incredible," she said. "I couldn't ask for anything more."

La Rochelle was joined by her family members from Ottawa who supported her along the way.

"I'm so thankful for all the support," she added.

Lloyd Webber's production of The Wizard of Oz will debut in December at the Ed Mirvish Theatre in Toronto.

JOE LOFARO/METRO

Valour Road medals reunited at museum

Heritage on display.

Only 96 Victoria Cross medals awarded to Canadians in medal's 156-year history



ALEX BOUTILIER
alex.boutilier@metronews.ca

2014

The medals will be loaned to the Manitoba Museum in Winnipeg in 2014 to commemorate the role of the Winnipeg Rifles and the Queen's Own Cameron Highlanders regiments during the First World War.

Three Victoria Cross medals awarded to Canadian soldiers from Winnipeg's Pine Street, later renamed Valour Road, have been reunited at the Canadian War Museum in Ottawa.

Heritage Minister James Moore unveiled the trio of medals, which will be housed in the Royal Canadian Legion of Honour, on Monday morning. The medals were awarded to Company Sgt. Maj. Frederick William Hall, Cpl. Lionel Clarke, and Lt. Robert Shankland, who all lived on a single block in Winnipeg.

"The men were of different ages, they served in different military units, and they were recognized for heroism in different battles," said Moore on Monday.

"The coincidence of having so many Victoria Crosses associated with a single street, in a single block, in a single city is a unique Canadian story about which we are all proud."

The Victoria Cross is the highest award for military valour in Canada and in much of the Commonwealth. It has been awarded to Canadians 96 times.

Hall was awarded the medal posthumously for his service during the second Battle of Ypres, after being shot in the forehead during an attempt to rescue wounded comrades in 1915.

Clarke, fighting on the Somme Front, single-handedly captured or killed 20 German soldiers in September



Heritage Minister James Moore pauses at the newly unveiled exhibit of Victoria Cross Medals of recipients Cpl. Lionel Clarke, Sgt. Maj. Frederick Hall and Lt. Robert Shankland at the National War Museum in Ottawa.

ALEX BOUTILIER/METRO

1916. Clarke was killed by an enemy shell two months later. The Victoria Cross was presented to his father.

Shankland's platoon was caught in enemy crossfire in October 1917 at the Battle of Passchendaele. After suffering casualties during more than four hours of fighting, Shank-

land managed to make it back to his battalion's headquarters to report and plan a counter-attack. He then returned to his troops, who were successfully reinforced by soldiers from the 52nd and 58th battalions. Shankland was the only one of the three men to return from the war.

1 NEWS

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ottawapetexpo.ca

Holy roller

Gambling nun to appear in court

Authorities say a nun with a gambling addiction is accused of stealing \$128,000 from two rural parishes where she worked. Sister Mary Anne Rapp is a member of the Sisters of St. Francis, based in Lewiston, north of Buffalo.

THE ASSOCIATED PRESS

Submerged

SUV lands in swimming pool

An Ottawa motorist was being treated for mild hypothermia after his vehicle ended up in a swimming pool Monday morning. According to paramedics, a car crashed through a fence and landed in the shallow end of a swimming pool in about a metre of water.

METRO IN OTTAWA



An SUV that crashed and landed in a swimming pool. METRO

Not quite Sandy

New storm could worsen situation

A new storm is expected to hit the New York-New Jersey region still shivering and cleaning up after last week's Superstorm Sandy, bringing the threat of 89 km/h gusts and more beach erosion, flooding and rain by Wednesday. Temperatures dipped toward freezing early Monday, and tens of thousands of people without power along the ravaged Atlantic coastline faced the growing certainty that they would have to find somewhere else to stay. THE ASSOCIATED PRESS

U.S. election

Sask. premier Wall weighs in

As Americans take to the polls today, Saskatchewan Premier Brad Wall says the next president of the United States must endorse free and fair trade between Canada and the U.S. Wall also noted the next president should also endorse the \$7-billion Keystone XL pipeline, which President Obama rejected in January of 2012. THE CANADIAN PRESS

Stepping aside. Embattled Montreal mayor resigns amid corruption scandal

Montreal's mayor has resigned in the midst of a corruption scandal, becoming the highest-profile political casualty of the controversies currently rocking Quebec.

Gerald Tremblay said he had done nothing wrong, but was stepping aside for the greater good of a city that is now politically paralyzed. Large construction contracts have been frozen and even the municipal budget has had to be rewritten in recent days.

"I cannot help anymore, given the circumstances," Tremblay said in a solemn resignation announcement late Monday at city hall.

The 70-year-old mayor held onto office just long enough to delay an election to replace him — which would have been triggered had he resigned only a few days earlier.

Tremblay avoided the public eye last week and took two days off work. Because he left after Nov. 3, one year before the next scheduled election, provincial law says he can now be replaced with an interim mayor chosen by the city council that is controlled by his scandal-plagued party.

A matter of time

Monday's announcement came after years of scandal that, over time, inched uncomfortably close to the mayor. Tremblay's one-time closest associates have either been slapped with criminal charges or been accused of corruption at an ongoing inquiry.

He insisted he was unaware of corruption in his administration and learned about it after the fact, saying Monday that he felt betrayed by the people who had abused his trust.

Tremblay cast himself as a victim of wrongdoing.

"My father always told me not to go into politics because it was dirty and people would destroy me," Tremblay said, adding that his love of Quebec and Montreal drew him to provincial and municipal politics over a 25-year career.

"I dedicated myself fully to the success of Montreal — with Judeo-Christian values of charity, solidarity, integrity, respect, openness." THE CANADIAN PRESS

Montreal Mafia. Alleged mobster's murder could rekindle ongoing war

A man alleged to be an influential member of the criminal underworld, whose career spanned nearly five decades, has been gunned down in what appears to be a new chapter in Montreal's ongoing Mafia war.

The killing of Joe Di Maulo is the first murder of a reputed Mafia boss since Vito Rizzuto, allegedly the most powerful Sicilian mobster in Canada, emerged from a long prison stint. Di Maulo was said to have once worked for a rival crime faction before joining with the Rizzutos in the 1970s.

He was killed outside his

home late Sunday.

Di Maulo's body was found face down in the driveway of his home, which borders a golf course in a posh suburban area. Police said a 911 call came from a member of the family inside the home.

He was the brother-in-law of Raynald Desjardins, charged with first-degree murder in the slaying of the alleged Mob boss Salvatore Montagna. Currently awaiting trial, Desjardins recently lost a bid to get out of testifying before Quebec's corruption inquiry.

THE CANADIAN PRESS



Police investigators examine the crime scene where alleged mob boss Joseph Di Maulo was murdered in front of his home Monday. RYAN REMIOWZ/THE CANADIAN PRESS



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Candidates make final push

Election Day. Final polls show Obama having a slight advantage, with Mitt Romney pulling even in Virginia and Florida

President Barack Obama and Mitt Romney stormed into the final day of campaigning before Election Day, once again visiting the toughest battleground states, trying to fire up their supporters and defend their highly contrasting visions for the U.S.

Nationwide polls show the two locked in one of the closest, and most expensive, presidential races in recent U.S. history. The hard-fought race has laid bare one of the most polarized American electorates in decades, choosing between two very different paths for the world's most powerful country. Uncertainty over the outcome weighed on investors worldwide.

Both candidates eagerly emphasized the stark choice Monday, trying to convince their core supporters too much is at stake to stay home on Election Day. With few undecided vot-



Workers carry voting machines up a set of debris-covered steps at East Elementary School in Long Beach, N.Y., Monday, as it is set up to serve as a polling station for Election Day. Officials are working to hold an election in storm-ravaged parts of New York and New Jersey barely a week after Superstorm Sandy. JASON DECROW/THE ASSOCIATED PRESS

ers left, getting their supporters to the polls was crucial for both sides.

"This is not just a choice between two candidates or two parties. It is a choice between two visions," Obama told nearly 20,000 people in Wisconsin.

"Our choice tomorrow is going to lead to very different

outcomes," Romney said at a rally in Virginia.

A majority of polls in the battleground states — especially in Ohio and other Midwestern states of Iowa and Wisconsin — show Obama with a slight advantage. That gives him an easier path to the 270 electoral votes needed for vic-

tory.

Rock legend Bruce Springsteen and rapper Jay-Z were joining Obama for Ohio events on Monday.

"We have one job left," and that's getting people out to vote, Romney told a Florida crowd Monday morning. The crowd chanted, "One more

day!"

Both Obama and Romney say this year's winner will be determined by which of their campaigns can get the most supporters to the polls. "This is going to be a turnout election," the president declared in an interview that aired Monday.

THE ASSOCIATED PRESS

Superstorm Sandy

N.Y. officials scramble to ensure residents can vote

With 1.4 million customers still without power a week out from Superstorm Sandy, election officials are scrambling to make sure that everyone who wants to vote will be able to have their say starting 6 a.m. and ending at 9 p.m. on Tuesday.

While the number of people without power in New York state has dropped drastically from 2.2 million to 538,000, many parts of hard-hit areas like Staten Island still don't have electricity. With public transportation not up and running at 100 per cent, people might find it difficult to get to their assigned polling location, especially if they are staying with a friend or relative outside their zone. It doesn't help that the gas shortage is creating hours-long lines, and some roads are still unsafe to drive on.

MICHELLE CASTILLO/
METRO WORLD NEWS



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Puerto Rico
\$242
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Orlando **\$299***
Travel Nov 16 - Nov 23/ts

Varadero **\$448**
Travel Nov 11 - Nov 18/ac

Jamaica **\$576***
Travel Nov 10 - Nov 17/wg

Cancun **\$582***
Travel Nov 30 - Dec 7/ts

Airfares

Las Vegas **\$389**
Travel Nov 28 - Dec 5/ua

Vancouver **\$563**
Travel Dec 4 - Dec 11/ac

Los Angeles **\$621**
Travel Dec 4 - Dec 11/ac

Lima **\$897***
Travel Nov 27 - Dec 11/la

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Varadero 7 Nights 4-Star
\$860
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Departs Nov 9/swg/wg.

Cancun 7 Nights 4-Star **\$905***
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Departs Nov 28/swg/wg.

Punta Cana 7 Nights 4-Star **\$926**
Punta Cana Natura Park Eco Resort
Departs Nov 10/swg/wg.

Jamaica 7 Nights 4-Star **\$993***
Sunset Jamaica Grande
Departs Nov 10/ac/ac.

Long Stay

Florida Long Stay
Air + 21 Nights
\$1549
Dolphin Beach Resort

INCLUDES resort-style St Petersburg accom with kitchenette at a beachfront location. Departs Nov 20/ggv/ua.

Canada

Montreal
New Year's, 2 Nights
\$94
Travelodge Montreal pp

INCLUDES accom near the Old Port over New Year's. **BONUS** daily breakfast included. Travel Dec 30/ggv. **UPGRADE** to 4-star Delta Centre Ville for \$26 per night.

Quebec City Winter Carnival
3 Nights 4-Star **\$219 pp**
Hotel Clarendon
INCLUDES accom in the Old City during the Winter Carnival. Travel Feb 3/ggv. **ADD** guided city tour for \$50.

Toronto Air + 2 Nights 4-Star **\$354**
Delta Chelsea
INCLUDES downtown accom. Departs Nov 20/ggv/pd. **ADD** CN Tower entry for \$30.

Vancouver Air + 3 Nights **\$689**
Comfort Inn Downtown Vancouver
INCLUDES accom in the Entertainment District. **BONUS** daily breakfast included. Departs Dec 3/ggv/ws. **UPGRADE** to 4-star Renaissance Vancouver for \$17 per night. **ADD** admission to Grouse Mountain for \$59.

USA

Las Vegas Air + 3 Nights
\$414
Circus Circus

INCLUDES accom on the Las Vegas Strip. Departs Dec 9/ggv/ua. **UPGRADE** to 4-star Monte Carlo Resort and Casino for \$21 per night.

Orlando Family Special **\$389****
Champions World Resort
INCLUDES airfare from Montreal and accom near theme parks. Price per person based on family of 4. Departs Nov 16/ggv/ts.

Miami Air + 3 Nights **\$499**
Marco Polo Beach Resort Ramada Plaza
INCLUDES North Miami Beach accom. **BONUS** daily breakfast included. Departs Nov 20/ggv/ua.

Nashville Air + 3 Nights **\$584**
Best Western Music Row
INCLUDES accom on Music Row. Departs Dec 2/ggv/ua. **ADD** trolley tour for \$13.

Florida Keys Air + 7 Nights + Car **\$859**
Ocean Pointe Suites
INCLUDES Key Largo 1-bedroom accom and a 7-day car rental. Departs Dec 5/ggv/ua.



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Big tobacco denies 1950s pro-smoking conspiracy

Recouping health-care costs. Every province except Nova Scotia has filed similar lawsuits

Two big foreign-owned tobacco companies asked Ontario's top court Monday to dismiss a \$50-billion lawsuit launched against them by the provincial government.

Lawyers for British American Tobacco and R.J. Reynolds Tobacco Co. argued they should not be included in the legal action if the Appeal Court lets the case proceed.

They said the lawsuit is based on a false theory that the companies conspired in the 1950s to withhold information from Ontario smokers about the harmful and addictive ingredients in cigarettes.

The companies contend there is no evidence that a conspiracy ever took place or that they specifically targeted Ontario. British American Tobacco notes it did not exist until 1997.

Ontario launched a lawsuit

The argument

Both companies claim the government has also manipulated laws related to smoking to help it with its court action.

- "Ontario has unilaterally designed the very legal garb which will determine the locus of the claim and seeks to rely on its statute and pleading as the basis for a real and substantial connection," according to the documents.

against 14 tobacco companies in September 2009 in an effort to recoup past and present health-care costs related to smoking. The province claims the corporations should be on the hook for billions of dollars because they misrepresented the risks of smoking, did not take steps to reduce the effects and marketed cigarettes toward children and teens.

THE CANADIAN PRESS



17th century anti-hero, now a cyber-icon, honoured in England

Members of the Lewes Bonfire Society parade through Lewes, southern England, on Monday, as part of their bonfire night revels celebrating the unsuccessful attempt to blow up the House of Lords by Guy Fawkes and others in 1605. There were fireworks and bonfires throughout much of England to mark the anniversary. The cyber-rebel group Anonymous draws much of its iconography from the story of Fawkes, and the anti-hero's ghostly white mask is a staple of the online movement's demonstrations. GARETH FULLER/PA/THE ASSOCIATED PRESS

Northern Ontario

Hockey dad faces assault charge

A hockey dad has been charged with assault after a confrontation with a referee at a midget-level hockey game in Cochrane, Ont., last month. Provincial police say the official was "poked aggressively" and "subjected to blasphemous insults" by a man at the Oct. 18 game between Cochrane and Iroquois Falls. THE CANADIAN PRESS

Feds, province pitch in

Hay, you need some help?

Ontario and western Quebec farmers hit by a serious summer drought are getting government help to feed their livestock over the winter. The federal and provincial governments say they will split the cost of contributing to private efforts to ship hay from Alberta and Saskatchewan to the drought-affected areas. THE CANADIAN PRESS

Remembrance pay

New \$20 bill honours soldiers

On Wednesday, the Bank of Canada will begin circulating a new \$20 bill made of polymer instead of paper.

The new bill pays tribute to the contributions and sacrifices of Canadian men and women in all military conflicts and is being released just before Remembrance Day. The note features a view of the Canadian National Vimy Memorial on its back.



The front and back of the new \$20 bill. HANDOUT/BANK OF CANADA

The bill will be formally introduced in a ceremony at the Canadian War Museum in Ottawa. THE CANADIAN PRESS



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Malls battle Black Friday exodus

Holiday shopping. Retailers will extend hours to keep buyers on this side of border

Some of Ontario's biggest malls are going to be open even longer than usual on Black Friday in hopes of keeping Canadian shoppers close to home rather than crossing the U.S. border in search of bargains.

Mall operator Cadillac Fairview Corp. said Monday that it will extend the hours at nine of its properties on Nov. 23, which will be one of the busiest shopping days of the year in the United States.

The day, dubbed Black Friday, takes its name from the assumption that it marks the day when retailers turn a profit for the year or go "into the black."

Retailers in Canada — where Thanksgiving is in early October — have been increasingly under competitive pressure from deep Black Friday discounts promoted in the United States.

This year's shopping season could prove particularly competitive for Canadian businesses after the federal government

Market Minute



DOLLAR
100.33¢ (-0.11¢)



TSX
12,352.78 (-27.63)



OIL
\$85.65 US (+\$0.79)



GOLD
\$1,683.20 US (+\$8)

Natural gas: \$3.57 US (+2¢)
Dow Jones: 13,112.44 (+19.28)

relaxed cross-border shopping rules in June.

Cross-border shoppers who stay overnight in the United States are now allowed to bring back up to \$200 worth of merchandise duty-free, rather than just \$50 before the new rules were put in place.

For people on a jaunt of between two and seven days, the limit has doubled to \$800 from \$400 while the limit for visits of more than a week increases to \$800 from \$750.

THE CANADIAN PRESS



Mini millions: Consumers snap up new iPads

A staff member of Apple Inc. hands an iPad Mini to a customer in Hong Kong. Apple said Monday it sold three million iPads of all kinds in the first three days it sold the new Mini model. According to analyst Brian White at Topeka Capital Markets, the Mini model sold out at 60 per cent of U.S. Apple stores. The full-size iPad got an update on Friday as well, with a faster processor and a better front-facing camera. VINCENT YU/THE ASSOCIATED PRESS

Air travel

WestJet's load factor hits record

WestJet Airlines flights flew 81.2 per cent full in October — the fourth month in a row of record-high load factors for the Calgary-based company. The airline said it flew 113,000 more passengers in October than a year ago. THE CANADIAN PRESS

Photo-sharing app

Instagram heads to the web

Instagram, the photo-sharing app created for mobile phones, is expanding to the web. The service, owned by Facebook Inc., said on its blog Monday that it will launch profiles on the web over the next few days. Previously, user profiles

existed only on Instagram's mobile applications accessed on the iPhone or Android devices. Now, users will have a website with a profile photo, bio and a selection of the snapshots they've recently shared on Instagram.

The layout of the web profiles is reminiscent of Facebook timelines, except with little text and no ads. THE ASSOCIATED PRESS

Armstrong. Skins sues cycling body for damage to reputation

Sportswear company Skins is suing cycling's governing body for \$2 million US, claiming its brand has been damaged by backing the sport as the Lance Armstrong doping scandal unravels.

Skins, which was founded in Australia and is based in Switzerland, has sponsored cycling teams and riders for five years, and supplied race suits for the United States at the London Olympics.

While Skins has never sponsored Armstrong or the UCI, it wants compensation for the reputational damage it says it has suffered by investing in a sport "tarnished" by doping.

"Skins was under the illusion that professional cycling had been fundamentally reformed to contain doping and to minimize the risks of scandals with which the brand of any sponsor could be associated," lawyer Cedric Aguet wrote Friday in a letter to the UCI that was released Sunday.

THE ASSOCIATED PRESS



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MIDDLE-CLASS VOYEURISM AND THE 'REDNEXPLOITATION' OF HONEY BOO BOO



SHE SAYS...
Jessica Napier
metronews.ca

In North America, our caste systems might not be as apparent as in other parts of the world but we certainly don't live in a classless society. Defining yourself by your class

seems like a rather anachronistic thing to do, but sometimes I can't help but think about where I might fit in on the grand social hierarchy. Every time I step on a plane, I take a look at the business-class executives enjoying champagne in their reclining cocoon seats and realize that I'm definitely a few rungs down the ladder.

Our underlying socioeconomic divisions are perhaps most evident in the world of reality television. Popular docu-lite programs such as *Here Comes Honey Boo Boo* and *My Big Fat Gypsy Wedding* establish definite class boundaries between the viewers and the characters.

Trailer TV

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity.

Best categorized as laugh-and-point programming, these shows feature ensembles of rednecks and gypsies who are portrayed in a way that captures our fascination but also works to marginalize their ways of life. And while these shows might be entertaining at times, they also frame difficult issues — poverty, bad nutrition, lack of education, violence and alcoholism — as punch lines rather than problems.

The worlds of child brides and pigs for pets are so far removed from our own that they provide us with a fixed point of reference from which to establish our own superiority. Viewers comfort themselves in the knowledge that we are in some ways "better" than the overweight hillbillies from America's Deep South or the trailer-dwelling Irish Travellers of the British countryside.

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity. Urbane cable subscribers can slum it for an hour or so before going back to their regularly scheduled lives.

But you have to wonder if the individuals who appear on these shows are really being exploited or if they're simply taking advantage of an opportunity. Are *Honey Boo Boo*'s redneck clan and the Roma families of the U.K. cashing in on our fascination with the unknown and playing up their lifestyles for a profit?

Some argue that these reality stars enjoy the attention (even when it's negative) and are happy to use their per-episode-paycheques to better their lives. So where's the real harm in that?

While you could say it's a win-win-win situation for all — the viewers, the reality stars and most definitely the television networks — we can't ignore the problematic aspects of these exploitative shows.

Frankly, all of the "sketti" and hair spray is starting to leave a bad taste in my mouth.

Mud on your face, but no big disgrace



CHRIS JACKSON/GETTY IMAGES

Diamond Jubilee tour

Pacific nation's best greet royals

Asaro Mudmen, traditionally dressed tribespeople with headwear made of clay, line up to greet the Prince of Wales and his wife, Camilla, the Duchess of Cornwall, in Port Moresby, Papua New Guinea.

The British royals were visiting the Pacific nation as part of their tour to celebrate the Queen's Diamond Jubilee. **METRO**

History of ethnic dancers

Mudmen dance to story of ancestors

The Asaro Mudmen are a group of dancers from the village of Goroka in the rugged Eastern Highlands province of Papua New Guinea.

Their performances, first made in the 1970s, tell the story of ancestral tribesmen, who wore clay masks and bamboo sticks on their fingers to frighten their enemies. Today, the mystical dancers are a major tourist attraction. **METRO**

Speaking local tongue



"Mi bringim bikpela tok hamamas bilong mejesti

kwin Papua Niugini na olgeta haus lain bilong mi lon dispela taim bilong Diamon Jubili misis kwin. Mi tokpisin olrite?"

Prince Charles
Speaking in one of PNG's 800 languages, Tok Pisin, a type of Creole

"I bring you greetings from Her Majesty the Queen of Papua New Guinea and from all my family members during this celebration of the Diamond Jubilee of the Queen. Was my Tok Pisin correct?"

Translation of what the Prince of Wales said to a crowd of 5,000 in Port Moresby, Papua New Guinea

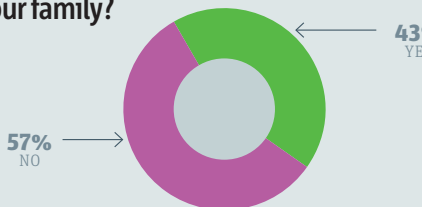


Our thirst for trash TV has exploited Honey Boo Boo's family while providing opportunities that otherwise might not have been available. YOUTUBE.COM



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Are you becoming more concerned about a major natural disaster affecting you and your family?



Twitter

@carlyc7:

Okay seriously am I the only one in Ottawa who will wear sweatpants out in public.. #thiskeepshappening #duncareimcomfy

@CAANEOAuto:

Ah, the first day in Ottawa with frost on the car. The days of wishing for an automatic car starter begin yet again.

@Serendipity_Tor:

So many well-dressed men in the

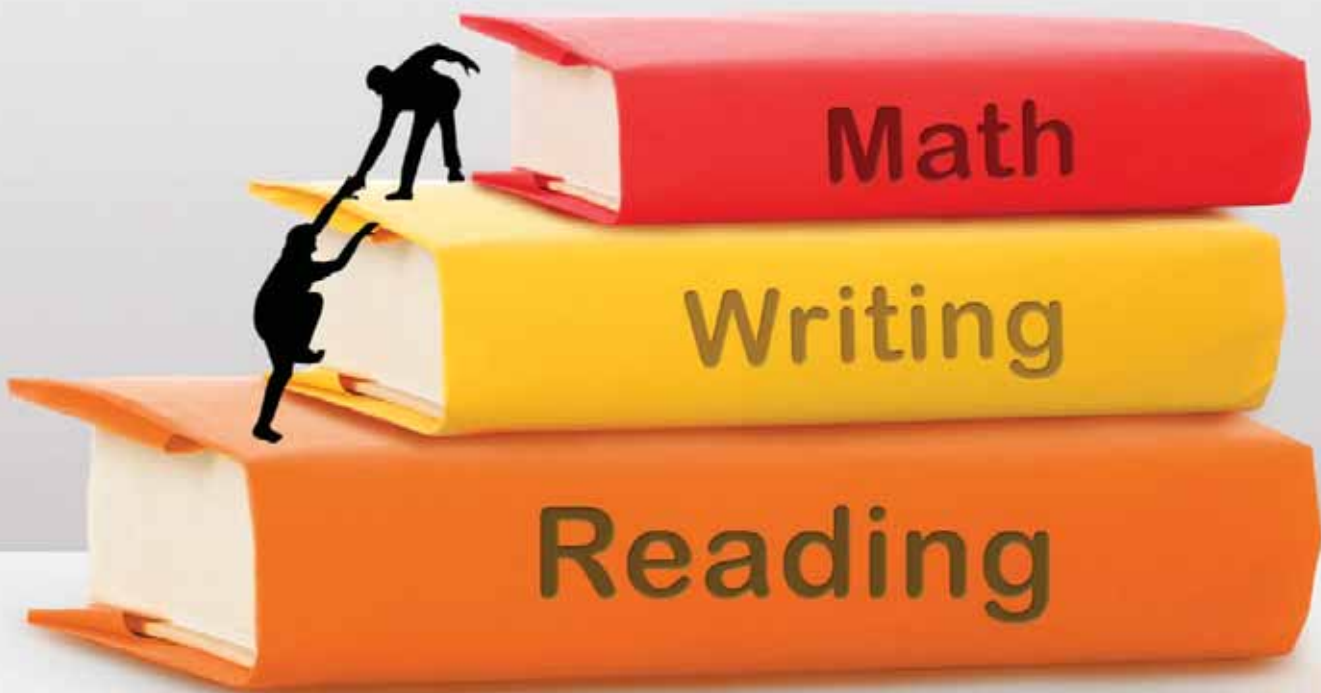
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every country star I'm in love with decided to go to Ottawa the year I moved away



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The movies that deserve some love from the golden statuette

Academy Awards.

Metro's Hollywood correspondent Ned Ehrbar outlines his favourites for Oscar nominations



NED
EHRBAR

Metro World News in Hollywood

It's never too early to start thinking about the Oscars. September marks the beginning of the season in which most of the contenders are released and we've already seen some strong candidates for the win. Here are the films I think will top every Academy member's list this year.

Argo

At this point, Ben Affleck's true-life CIA rescue thriller is pretty much a lock for a best picture nomination — and the odds-on favourite to win. The subject matter is Hollywood-friendly, poking fun at the industry while also making it heroic, and its continued box office success means it's also a popular favourite.

The Master

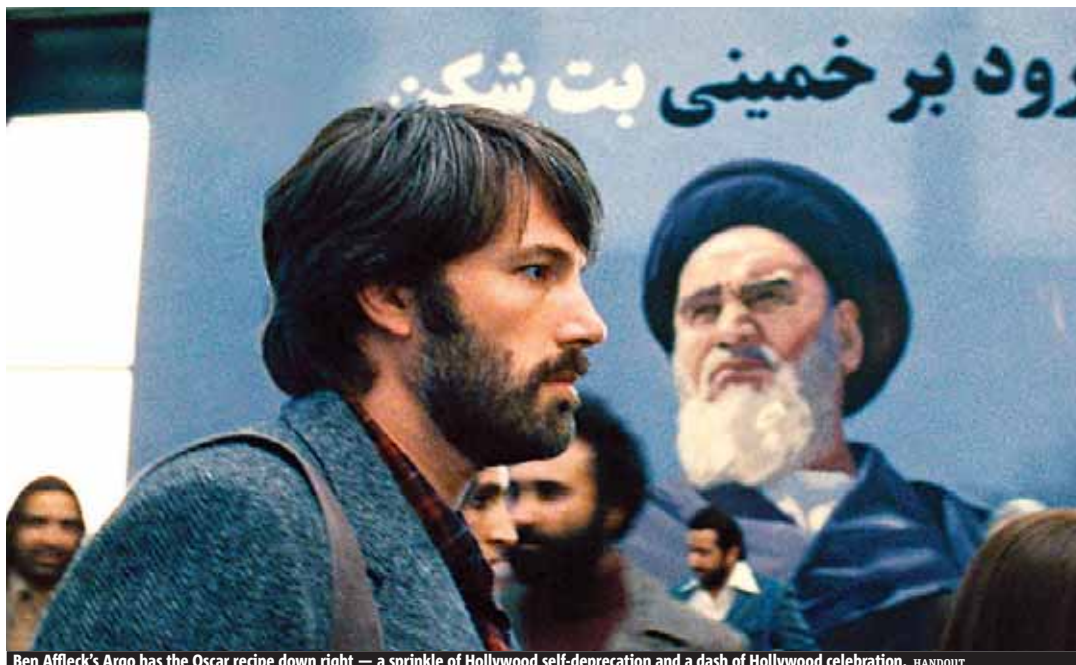
A likely nominee but a long shot to win, P.T. Anderson's drama suffers less from any uproar over its Scientology subtext — turns out there was no outrage — than it does from it generally leaving audiences cold. It's still a work of art, but one that won't break through with more crowd-pleasing competition.

Life of Pi

Ang Lee's ambitious, 3D behemoth is a bit of a question mark, but it will probably earn a nomination for sheer artistry. Whether audiences connect with its shipwrecked hero and animal companions, though, is yet to be seen. It could just as easily find itself facing the same uphill battle as...

Cloud Atlas

A big, messy, ambitious film that's guaranteed not to win best picture but deserves at least to be nominated, Cloud Atlas — which has so far divided critics and left audiences cold — will likely pick up a good share of technical nominations but miss winning in any of the name-brand categories, a proud tradition carried on by Inception in 2011 and Hugo in 2012.



Ben Affleck's *Argo* has the Oscar recipe down right — a sprinkle of Hollywood self-deprecation and a dash of Hollywood celebration. HANDOUT



The *Master* is an Oscar long shot, but still a masterpiece. HANDOUT



Cloud Atlas deserves a nomination just for its ambition. HANDOUT

Les Misérables

If it's about crowd-pleasing, this may give *Argo* its stiffest competition. *Les Misérables* features a rousing, power-to-the-people story, an all-star cast led by Hugh Jackman, *The King's Speech* director Tom Hooper and famous, tear-jerking songs. Yes, we hear the people sing.

Lincoln

Directed by Steven Spielberg. Written by Tony Kushner. Starring Daniel Day-Lewis as Abraham Lincoln. It's almost as if Lincoln was built in an Oscar bait lab. Of course, that's how Spielberg's *War Horse* appeared last year until people actually saw it. The difference is that Lincoln is good, and Day-Lewis is a lock for a best actor nod.

The Impossible

Depending how audiences respond, this true-life survival tale could also be tough competition for *Argo*. It's equal parts harrowing and uplifting, with a standout performance by Naomi Watts and a chilling recreation of the 2004 tsunami. Already a runaway success in the director's native Spain, we'll see if North Americans flip for it as well.

Beasts of the Southern Wild

While this gorgeous indie film about New Orleans bayou dwellers battling a hurricane is expected to sweep the Film Independent Spirit Awards, it's a bit more of a long shot for an Oscar nod — but a deserving one. Maybe the devastation of Superstorm Sandy will boost its relevance.

Silver Linings Playbook

This one has also been earning raves at festivals for director David O. Russell (*The Fighter*) and actors Robert De Niro, Bradley Cooper (as a man with a mental condition) and Jennifer Lawrence (as the woman who helps him), who has a lot of best actress heat building around her.

Skyfall

A Bond film as a best picture nominee? If ever there was a chance, it's with this one. And after all, the best picture category was expanded specifically to make room for smartly made action films like this. It's a shame *The Dark Knight Rises* didn't live up to its predecessor, or it might be on the Academy Award nomination list instead.

On the other side...

Animated films vie for Oscar glory

Brave, *Wreck-It Ralph* and *Rise of the Guardians* are among the animated features angling for an Oscar nomination. The motion picture academy said Friday that 21 films have been submitted for consideration in the Academy Awards' animated feature category. Dr. Seuss' *The Lorax*, *Frankenweenie*, *Ice Age: Continental Drift* and *ParaNorman* are among the high-profile movies vying for one of five nominations.

THE ASSOCIATED PRESS

Lights, camera, action!

It's the question we've all been pondering from the second we heard that three more Star Wars movies were planned: Who will direct them? Here's a wish list, or a wouldn't-it-be-cool list, because a lot of the people here are tied up with franchises of their own

THE ASSOCIATED PRESS

J.J. Abrams



The most obvious choice. His sci-fi bona fides were already beyond reproach, and he solidified them with the Star Trek franchise in 2009.

Jon Favreau



He's a massive Star Wars fan. He's also shown he can manipulate the kind of massive machinery it takes to make a blockbuster with the hugely successful Iron Man movies.

Peter Jackson



Sure, it makes sense. He's directed the Lord of the Rings trilogy — a massive franchise with a rabid fan base. But the last of his three Hobbit movies comes out in 2014. He might be kinda wiped out.

Sam Mendes



This might seem an odd choice until you see Skyfall. And you really should see Skyfall this weekend. But the American Beauty director said making a James Bond movie left him "knackered."

Kathryn Bigelow



She's a pioneering female action director. She proved she had a way with splashy set pieces with Point Break and became the first woman to win the best-director Oscar.

Joss Whedon



He has cultivated a well-deserved and loyal following among sci-fi fans between Firefly and Serenity, and now he's in another stratosphere with The Avengers.

Christopher Nolan



Dark Knight. 'Nuff said.

David Fincher



A hugely confident, virtuoso filmmaker mostly known for drama, but his remake of the Swedish hit The Girl With the Dragon Tattoo was epic, and The Social Network and The Curious Case of Benjamin Button showcased his mastery of special-effects.

Matthew Vaughn



His film Kick-Ass was exactly that, a lively, funny tale, while X-Men: First Class was one of the better-reviewed films in the series. His debut Layer Cake showed an ability to create tension.

Guillermo del Toro



The ingenious maker of Pan's Labyrinth and the Hellboy movies has a visual style that's so weird and inspired, it would never be allowed in such a structured setting.

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Kristen Bell ALL PHOTOS GETTY IMAGES

Oh baby Bell! Kristen's carrying

They may have vowed to put off tying the knot until same-sex marriage is legal again in California, but engaged couple Kristen Bell and Dax Shepard are reportedly not waiting to start a family. Sources tell People magazine that Bell is pregnant with their first child, due in the

spring. "They're so excited — they're both ecstatic. They can't wait to become parents," the source says. "Kristen had a little bit of morning sickness early on, but she just started shooting the second season of House of Lies and is feeling great now."

Bynes: I wasn't naked at the fake 'n' bake



Amanda Bynes

Amanda Bynes is standing firm with her assertion that In Touch magazine's story about her parading naked around a New York tanning salon is bogus. "I'm suing In Touch for printing a fake story. I'm not 'troubled,' I don't get naked in public. I'm 26, a multimillionaire, retired. Please respect my privacy," Bynes tells Us Weekly. And it appears the tanning salon is backing up her claim. "Employee testimony and security footage have confirmed that Ms. Bynes was not acting inappropriately," Beach Bum Tanning CEO James Oliver says in a statement. "She is a long-time client and we stand by her account."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Britney Spears: The blond Jane Austen

THE
WORD
Dorothy Robinson
scene@metronews.ca

There's a trend in book publishing where a superstar gets paid buckets and buckets of cash to 'write' a book and people actually read it thinking it's the fruit of their favourite celebrity's labour (see: Snooki, Lauren Conrad, Bethenny Frankel and the Kardashian sisters). The latest to join their ranks? Britney Spears, who is reportedly in talks with It Books. That's according to The Hollywood Reporter, which writes, "Britney Spears is close to signing a book deal ... with plans to



write a novel.... The story would incorporate fictionalized versions of her own experiences."

Her own experiences and not, say, a supernatural teen romance? Actually, Spears' life — spawning with a back-up dancer from Fresno, Sam Lufti, shaving her head, being under the conservatorship of her father — is on the

level of Shakespeare (you know Lady MacBeth would be a former Mouseketeer if Macbeth were written nowadays).

Write from the heart, Britney! Don't let your underpaid ghostwriter tell you what's what!

But in all honesty, you know if Spears wrote from the heart, the whole book would typed in Wing Dings.

Osbourne has double mastectomy



Sharon Osbourne

Sharon Osbourne has revealed that she recently underwent a double mastectomy because of a genetic predisposition to develop breast cancer, she tells Hello! Magazine. "I've had cancer before, and I didn't want to live under that cloud. The odds are not in my favour," she explains. "I didn't even think of my breasts in a nostalgic way. I just wanted to be able to live my life without that fear all the time." Osbourne admits her son, Jack, becoming a father this year had a lot to do with the decision. "I want to be around for a long time and be a grandmother to Pearl," she says.

And we're back with the Beckham show!

David Beckham may be looking to add talk show host to his list of job titles, as two different TV companies have reportedly offered him his own show, according to the Daily Star. "We want David on board whether or not he continues to play for the [L.A.] Galaxy," a source close to one of the companies, Time Warner Cable, says. "We are on our way to becoming the world's biggest sportscaster, and he is a key part of our future." Time Warner



David Beckham

has reportedly offered him a "multimillion-dollar" contract, prompting the Fox Sports network to make an offer of their own.

Twitter



@rihanna

Man my album is complete, and I need a f---ing drink and a roll up! It was quite the journey, but it's all part of our story!



@JimCarrey

In the near future we'll only be able to communicate through devices. Actual human contact will be outlawed by the Apple iCourt.



@lindsaylohan

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ROMINA MCGUINNNESS
Metro World News

YOUR SKIN ISSUE

Your skin is dry, itchy and sensitive. You apply layer upon layer of moisturizer in a desperate bid to make it feel soft again.

What's going on?

Winter winds and low humidity levels can physically damage the skin barrier — its natural ability to protect itself from environmental insults and maintain adequate hydration.

And with age, our body loses the ability to maintain moisture. The result? Skin feels dry, flaky and itchy.

How you can fix it

Get your skin barrier in the best shape possible, says Joshua Zeichner, a dermatologist in Manhattan.

"Thicken up your moisturizer. If you use a light lotion, switch to a heavier cream or ointment. If your skin is irritated, use a cortisone cream to reduce the inflammation."

Besides water content on the skin, you have natural oils that help maintain the skin barrier. But these are easily stripped away.

"People like to take very warm showers when it's cold. They also think it's OK to over exfoliate the skin to remove dry patches. But the combination of hot water and rough scrubbing will strip the skin of its natural lubricating oils," warns Zeichner.

Instead, take short lukewarm showers and pat (don't



Look familiar? CONTRIBUTED

rub) the skin.

YOUR FITNESS ISSUE

You wake up in the morning and it's cold and dark. You come home at night and it's cold and dark. Go for a run in the rain? You've got to be kidding!

What's going on?

You want to curl up on the couch, not exercise. And the last time you cycled to the gym you got caught in a snowstorm. And you practically had a mud bath going for a run in the park.

How you can fix it

"It takes your body a little bit longer to warm up when it's cold out. Your circulation is limited, therefore the range of motion in your muscles will suffer. You'll just feel like you're moving slower than usual," Ashley Conrad, personal trainer to Hollywood movie stars Bradley Cooper and Kate Hudson, tells Metro.

Her trick? Exercise first thing in the morning.

"Wake up and workout," says Conrad. "If you can't function on an empty stomach, have a lactose-free (to avoid bloating) whey protein

shake. It gives you a boost without making you feel full."

But according to celebrity trainer Harley Pasternak — whose clients include Rihanna and Lady Gaga — maintaining a stable weight year-round is crucial.

"Don't let your weight yo-yo. The last thing you want is to fatten up in winter and try to lean out in the summer."

YOUR DIET ISSUE

You're convinced all that shivering in the cold is helping you burn off thousands

Top 3 winter investments

1 Performance workout gear:

Choose apparel that really locks the heat in so that regardless of what temperature it is outside, your body stays warm.

2 A humidifier: The heat coming out of heaters can really

dry out your skin, but this will help put the moisture back into the air.

3 A set of dumbbells: So you

can train at home if you can't make the gym. Do lateral movements that don't require much space such as push ups and lunges.

of extra calories. Therefore, that second chocolate bar doesn't count. Then why are you struggling to zip up your jeans?

What's going on?

During the winter, cold foods like salads don't provide us with the same satisfaction as richer, heartier foods. We're more likely to crave something we feel warms us up.

How you can fix it

"Temperature does have an effect on how many calories we burn. Just think about how much you physically shake when you're outside," says Kristin Kirkpatrick, nutrition advisor and wellness manager for the Cleveland Clinic Wellness Institute.

But do we need to eat more to compensate for these few times when we're cold? Her answer is no. "Most of us rarely find ourselves in a situation where we lack the resources to warm our bodies up."

The solution? Stay active.

"If you do the same amount of exercise as in the warmer months and you're burning more calories generating heat — then yes, you may need to eat more to maintain your weight."

3 TIPS

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Improved cancer treatment among research projects

Prostate Cancer Canada. 'We want to eradicate prostate cancer. That is the goal.'

GILBERT
NDIKUBWAYEZU
life@metronews.ca

An estimated 26,500 Canadian men are diagnosed with prostate cancer in 2012. Of that number, 4,000 will die.

Those are worrisomely staggering numbers. But at Prostate Cancer Canada (PCC), the hopes are still high that this disease, the most common cancer among Canadian men, will eventually be stamped out.

"We want to eradicate prostate cancer," said Dr. Stuart Edmonds, chief scientific officer at PCC. "That is the goal, and I think we are making progress to that goal. So we have to make sure that we are investing in the right projects to be able to do that."

Edmonds said they have been registering great progress in reducing the number of deaths caused by prostate cancer over the years.

PCC is supporting various research projects aiming at getting better diagnostics for prostate cancer and as a result, there is an increase in survivorship, he said.

The other aspect of research, he said, is directed at dealing with the side-effects of treatment to prostate cancer.

These side-effects include



There has been a lot of treatment generated through research. ISTOCK IMAGES

erectile dysfunction, loss of fertility and side-effects of chemotherapy.

"It can be very tough for men to experience," he said.

These research programmes are geared at supporting guys who are on their journey to post treatment.

Some of the treatment procedures for prostate cancer can be challenging too, he said, citing surgery as the main treatment. He said it requires a lot of attention and care to treat prostate alone and actually not damaging another tissue around it.

He added that there has been a lot of good treatment that has been generated

Online

For more information on prostate research or to make a donation to research, visit movember.com

prostate cancer.

"I think there is still a lot we need to know; I think we don't know enough about the cause of prostate cancer, and so preventing it is challenging without knowing the cause," he said.

PCC funds research projects from various universities and hospitals across the country.

The selection of research proposals to fund is done through rigorous parity process headed by experts.

"We want to make sure that we fund the best research," he said, adding that the proposals need to be seen as having the potential to make the greatest impact on prostate cancer.



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Jazzed-up rice pilaf makes side dish the main event



This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

This wild-and-brown-rice pilaf with dried fruits and pecans is amazingly versatile. I serve it as a side salad at meals, put it on a buffet table or use it to stuff roasted chicken or turkey. Very little oil is needed because of the flavours in the salad.

1. Combine the wild and brown rice with the stock in a saucepan. Bring to a boil. Reduce the heat to a simmer, cover and cook for 35 to 40 minutes, or just until the rice is tender. Drain off the excess liquid. Place the rice in a large serving bowl and set aside to cool.

2. Stir the pecans, green onion, cranberries, apricots and cilantro into the cooled rice.

3. Whisk the olive oil, juice concentrate, lemon juice, soy sauce, vinegar, sesame oil

and garlic together in a small bowl. Pour the dressing over the salad and toss to coat.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 3/4 cup wild rice
- 3/4 cup brown rice
- 4 cups vegetable or chicken stock
- 1/2 cup chopped pecans, toasted
- 1/3 cup chopped green onion
- 1/3 cup dried cranberries
- 1/3 cup dried chopped apricots
- 1/3 cup chopped cilantro or parsley
- 1 tbsp olive oil
- 1 tbsp orange juice concentrate, thawed
- 1 tbsp freshly squeezed lemon juice
- 2 tsp low-sodium soy sauce
- 2 tsp raspberry or balsamic vinegar
- 1 1/2 tsp sesame oil
- 1 tsp minced fresh garlic

Health solutions

Get squashed this winter



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Squash and zucchini are from the same family. Did you know that? We think of zucchini as a pulpy cousin of cucumber rather than the summer version of squash.

Winter squash varieties are the mature fruit (yes, fruit) of the same vine-grown side dish.

The key difference is the seed size and edibility, plus whether or not you eat the skin. Winter squash varieties range from butternut and acorn to Hubbard and pumpkin.

Visit a farmers' market and enjoy shapes and sizes that will dazzle your eyes and your tongue.

Cooking is simple. All varieties can be halved, scooped of seeds, roasted until soft and cut side down in a roasting

pan with a 1/4 inch of water. Flip the cut side up for the last 10 minutes and brush with butter or oil and a dash of cinnamon and garlic.

It couldn't be simpler to add to your diet. A single cup of the stuff includes approximately:

• 23 per cent of your fibre needs

• 214 per cent of your vitamin A needs

• 33 per cent of your vitamin C needs

• 14 per cent of your potassium needs

For a fun option, pick up a spaghetti squash and bake it whole for about an hour. Slice and scoop out the seeds and then pull threads with a fork from the skin and drizzle with extra virgin olive oil, fresh minced garlic and grated Parmesan cheese. Who needs all the carbs of pasta?

Theresa Albert is an author and on call, private nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com



Herb-crusted sweet potatoes. A satisfying and unique crunch



1. Heat the oven to 350 F. Coat a large casserole dish or a 9-by-13-inch baking pan with cooking spray.

2. Place the potatoes in a large saucepan and add enough water to cover by 1 inch. Add 2 teaspoons of salt and bring to a boil. Cook until firm-tender, 12 to 15 minutes. Drain the potatoes, then spread them in an even layer in the prepared casserole dish or baking pan.

3. In a small bowl, combine 1/2 teaspoon salt, 1/2 teaspoon black pepper, the panko, thyme, rosemary and sage. Sprinkle over the sweet

potatoes. Drizzle the melted butter over the crumbs and bake for 30 minutes, or until golden brown and tender.

THE ASSOCIATED PRESS

Ingredients

- 4 lbs sweet potatoes, peeled and cut into 1/2-inch-thick slices
- Salt and ground black pepper
- 1 cup panko breadcrumbs
- 1 tbsp chopped fresh thyme
- 1 tbsp chopped fresh rosemary
- 1 tbsp chopped fresh sage
- 1/4 cup (1/2 stick) butter, melted

Give boring squash new life with a spicy peanut coating

The trouble with butternut squash is that we tend to be pretty unimaginative in how we prepare it. As such, the results often are fairly lacklustre. Most people just steam and mash it, giving it the appearance of mashed potatoes. Others go for roasting.

Here is a recipe that effortlessly delivers tons of flavour and a nice presentation without a ton of effort.

To get those results, turn to a relatively new ingredient — powdered peanut butter.

It appeared on the market several years ago, but only now is getting any attention.

It is exactly as it sounds — peanut butter that has had nearly all of the fat extracted. The resulting fine powder has



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

deep, rich peanut flavour, but can be used in ways conventional peanut butter cannot, such as in dry spice rubs.

Mixed with a handful of seasonings, the powdered peanut butter creates a rich flavouring that works well with the natural sweetness of the squash.

To find powdered peanut butter, check the natural foods aisle at the grocery store.

If you strike out, get online. It's widely available from web retailers.

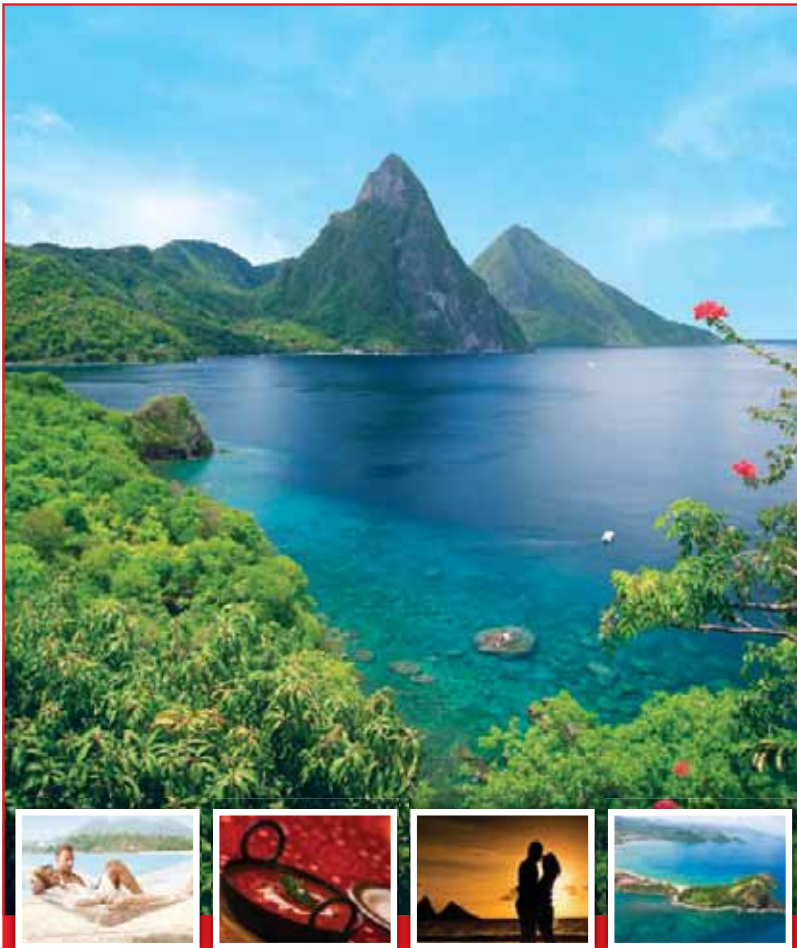
1. Heat oven to 350 F. Coat 2 rimmed baking sheets with cooking spray.

2. Cut peeled and seeded squash into bite-size pieces, then place in large bowl. Drizzle squash with olive oil, then toss to coat evenly. Set aside.

3. In a small bowl, mix together the powdered peanut butter, garlic powder, smoked paprika, chili powder, cumin, salt and pepper. While using a silicone

spatula to toss the squash, sprinkle the seasoning mixture over it, continuing to toss until all of the squash is well coated.

4. Transfer the squash to the prepared baking sheets, using the spatula to scrape the oil and seasonings from the bowl. Arrange the squash in an even layer, then roast for 25 minutes. Use a spatula to flip the squash, then roast for another 20 minutes, or until lightly browned and tender. THE ASSOCIATED PRESS



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and it's time to come up
with an escape plan.**

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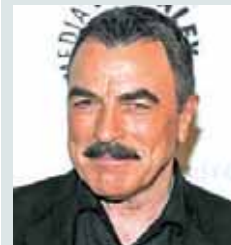
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What does your facial hair say about you?

When it comes to men's hair, Canadian women have opinions. According to a new survey by Match.com, 62 per cent of single Canadian women are most attracted to clean-shaven men. Sixteen per cent liked men with stubble and only eight per cent of women liked a man with a moustache.

Match.com found a significant difference between the dating styles of Canadian men depending on the facial hair they wear.

Do these celebrities fit their faces?



**The moustache:
The lover**

- Moustached singles are more likely than any other men to pucker up before they say good night. Almost half will kiss on the first date.
- Tom-Selleck-inspired men are the most likely to believe age is just a number. Seventy-eight per cent would consider dating someone 10 years younger than them.



**The goatee:
The adventurer**

- Of all men, gentlemen with goatees are most likely to have experienced a one-night stand — a whopping 75 per cent have pulled a one-nighter.
- Men with goatees spend more on a first date than any other; one third (33 per cent) will dish out more than \$80 on a first date.



The beard: The shy guy

- Bearded Canadian men are least likely to have asked someone out in the last year — only 16 per cent have popped the question.
- They're also least likely to have had sex in the past year. Thirty per cent of bearded men have gone without.



The five o'clock shadow: The romantic

- Eighty-five per cent of men with stubble are most likely to have experienced love at first sight.
- However, they're also most likely to think about sex on a daily basis. Fifty-three per cent think about sex several times a day.



The clean shaven: The gentleman

- Are old-fashioned. The majority of clean-shaven men, 65 per cent, believe sex on a first date is a no-no.
- Exactly half of smooth-faced Canadians believe it doesn't matter who initiated the date, the man should pay.



CONTRIBUTED

CONVENIENCE & AFFORDABILITY

AT SANDERMOEN SCHOOL OF BUSINESS

For students looking for program quality, convenience and affordability in their MBA or EMBA education, they may want to consider the Sandermoen School of Business.

"We're a fully online business school," says Sandermoen dean David Large.

The school is part of the University of Fredericton, has been in operation for five years and is fully accredited by the province of New Brunswick.

Being a fully online university means students are able to enrol in the school regardless of where they live since there isn't a residency requirement.

Large says one of the key factors behind the quality of the MBA and EMBA programs is the professors. He says great attention is paid to find professors who are "forward thinking and experienced in both industry and academia."

With four or five start dates every year, this convenience is a major attraction. The next intake of students at Sandermoen will be in January.

Large says it usually takes students three years to complete either program and most students tend to take one course at a time.

Courses in the MBA program run 11 weeks long, while courses in the EMBA program run seven weeks long and include fixed dates for exams and assignments.

Should one's life circumstances change, they can always take a break

MORE OPTIONS

One option for students taking an MBA or EMBA program through the Sandermoen School of Business is to take the innovation leadership stream.

"It's not just about new product launches," says dean David Large. "It also talks about process innovation, operations innovation or innovation in human resources functioning."

from their studies and resume them during a later session.

Just like classroom learning, each course has a weekly class that students access via Cisco's WebEx tool. Classes include seminars, presentations and debates, which are all recorded, so students can listen to them at a later date. The learning also continues outside of the weekly session as students must participate in threaded discussion groups by using Moodle.

Affordability is another draw for students to the Sandermoen School of Business as tuition for its MBA program is \$14,000, and \$24,500 for the EMBA.

"Our tuition rates are quite a bit lower (than other institutions)," says Large, citing Sandermoen's lean overhead structure, including the fact it doesn't have a massive campus to look after.

"We are able to pass those savings on to the customer," Large says.

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Gross national happiness

Is frugality a measure of happiness?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I attended the Banff Mountain Film and Book Festival last Thursday evening and had the privilege of hearing David Suzuki speak.

Suzuki shared the floor with Dasho Kinley Dorji, secretary of communication and information for the Himalayan country of Bhutan. The subject of their discussion was to understand Bhutan's movement away from economic measures like Gross Domestic Product (GDP), used to determine the productivity and success of a country, toward Gross National Happiness (GNP), how content and fulfilled the people of Bhutan truly are.

What became clear during Suzuki and Kinley's discussion was that in Western society we spend a significant amount of time producing, earning and buying more, but, generally speaking, striving for more money and fancier possessions doesn't make

Westerners happy.

According to Kinley, happiness is found in being content, whatever a person's context is.

Suzuki elaborated by reflecting on lessons from his upbringing. For example: Live within ones' means, avoid wastefulness, find value in non-material aspects of life like maintaining one's culture and investing in relationships, consider the future for yourself and others and find contentment in what we have rather than over-consuming in the hopes of filling voids of happiness in our lives.

Their comments can be directly correlated to frugal living and commitment to environmental sustainability. Additionally, studies of North Americans have shown that frugality is linked to lower levels of stress and anxiety, ultimately contributing to a happier life.

Want greater happiness for your life? Take Suzuki and Kinley's advice.

Right-size your lifestyle to your budget. If you're going broke just to keep up with the Jones's, stop. Adjust your lifestyle to avoid layering on unnecessary debt and stress. This might mean moving to a smaller home or driving a less expensive car. Living within your means involves sticking



Adjust your lifestyle to avoid layering on unnecessary debt and stress. ISTOCK IMAGES

within a budget and spending less than you make.

Be resourceful. Find ways to conserve energy and reduce waste. For example, walk rather than drive or buy high quality used furniture that doesn't break. Find ways to stretch out the lifespan of products you use and when you're finished with them, recycle.

Focus your time and money on things that truly matter. Over-consumption won't make you happy, so focus your efforts on preserving your environment, investing in relationships, and building a secure financial future; all of which will allow you to create a fulfilling life.

Though happiness isn't measured nationally here in Canada, perhaps we should adopt it on a personal level. What does happiness mean to you?



Be careful if a financial advisor recommends merging RRSPs in order to save on administration fees. ISTOCK IMAGES

No such thing as a joint RRSP account

Alison on money.
Best not to bank on this advice



YOUR MONEY
Alison Griffiths
money@metronews.ca

I have just uncovered a dastardly plot. Here's how it unfolded.

A recently married couple in their late 30s happened to be doing some banking together.

The financial advisor at the branch where they both had accounts made a suggestion.

She recommended they merge their RRSPs in order to save on administration fees.

But there is no such thing as a joint RRSP account.

There are spousal accounts opened by the higher income earner. Deposits are made for the benefit of the person whose name is on the account and the con-

tributor gets the tax deduction.

After a little digging, the light dawned. Turns out the wife has an RRSP at the branch level of the bank. As is the case with most such investment accounts, she is only able to invest in the bank's own mutual funds and GICs.

The husband has his RRSP at the brokerage arm of the bank and has access to virtually all investments, including exchange traded funds (ETFs), mutual funds, stocks and bonds.

The bank advisor wants him to transfer his brokerage RRSP to the bank.

But the result for the husband would be moving from lots of choice to little choice.

And if he owns anything but the bank's own mutual funds, he'll have to sell them and re-invest in funds recommended by the advisor.

He might also end up paying deferred sales charges on mutual funds purchased in the last six years and/or trading fees. And he won't save a dime on ad-

ministration fees.

All of this is very good for the advisor — increased client base, more fees and higher profits for the bank on products sold.

But it is very bad for the husband.

This couple is contemplating the advisor's suggestion because they want to simplify their finances. But they don't really understand the recommendation or the ramifications.

I understand they want some financial guidance, but investment advice at the branch level is really just sales.

The couple will receive boilerplate type recommendations and no independent analysis.

Instead, I suggest they move her RRSP to the brokerage and spend the next little while educating themselves about investing while looking for an independent, preferably fee-for-service, advisor.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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NHLPA source says plenty of hurdles exist in negotiations

Lockout. Union still needs to see willingness from owners to pay contracts in full, says anonymous player

With optimism rising that a deal to save the NHL season could be within reach, a player on the NHLPA bargaining committee told Torstar News Service the sides were still quite far apart.

The player, who requested anonymity, said the league still

hasn't put anything on paper regarding what appears to be the make-or-break issue: that owners pay players their salaries in full.

"If the league wants to take responsibility (for player contracts) in this 'make whole' thing, then we have something to talk about," the player told Torstar News Service.

"We'll see. We've seen a lot of b.s. in this process so far. If the owners do take responsibility, then there's movement. But the way this thing has gone so far, we (the players) wouldn't be surprised if they don't.

Quoted

"If this round is serious and if it's not successful, then you really are looking at some version of Armageddon ..."

Queen's University labour lecturer and former management-side negotiator George Smith on the importance of this week's NHL negotiations

"Right now, there's nothing on paper. Hopefully (Tuesday) we see something on paper and we go from there."

As talks to save the NHL season reach a critical stage — the sides were set to meet Tuesday in New York — the fact bigwigs

have kept a low profile with no shots of rhetoric aimed across each other's bow had been seen as a sign of hope.

"I think that's the first positive sign that there's some movement towards trying to find a solution, that maybe

something could be done without costing the season," said Buzz Hargrove, former president of the CAW and ex-ombudsman of the NHLPA.

"I can see talks are more urgent," said George Smith, a labour lecturer at Queen's University and former management-side negotiator. "They've each fired off their cannons. Players are in Europe. The owners cancelled the Winter Classic."

"It's like: 'Wow, we've run out of ammunition. We better see if we can do this.'"

TORSTAR NEWS SERVICE

NFL

Another 'procedure' for Bills' Anderson?

Buffalo Bills starting defensive end Mark Anderson could miss another three weeks after having a setback recovering from left knee surgery.

Coach Chan Gailey said Monday that team doctors haven't ruled out Anderson requiring what he called another "procedure." If that happens, Gailey said Anderson would miss about three weeks. **THE ASSOCIATED PRESS**



Bills defensive end Mark Anderson GETTY IMAGES FILE

NFL

Pagano's doctor says leukemia is in remission

Colts head coach Chuck Pagano is winning his battle with leukemia.

On Monday, Dr. Larry Cripe, Pagano's physician, told The Associated Press that the illness, which has sidelined Indy's head coach for more than a month, was in "complete remission." Cripe said a morning exam showed Pagano's white-blood-cell count and bone-marrow tests were normal as he prepares to start a second round of chemotherapy. **THE ASSOCIATED PRESS**



Nestor, Mirnyi win opening match at ATP finals

Toronto's Daniel Nestor, left, and Max Mirnyi of Belarus play a return during their doubles match against Robert Lindstedt of Sweden and Horia Tecau of Romania at the ATP World Tour Finals on Monday in London, England. The match lasted one hour 36 minutes, with the No. 2 seeds Nestor and Mirnyi saving a match point in the tiebreaking third set to win 4-6, 7-6 (1), 12-10. **KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS**

CFL. Legendary coach Matthews battling cancer

Don Matthews, one of the CFL's most successful head coaches, says he has cancer in his lymph nodes.

Matthews released a statement Monday saying he will not be participating in any of the festivities surrounding the

100th anniversary of the Grey Cup as he prepares for his fight with the disease.

"I've got this and I'm dealing with this. But I want everyone to know I plan to fight like hell and I intend to be playing golf at this time next year," Matthews said in the statement released by the Toronto Argonauts.

"I wish everyone well as the 100th Grey Cup is celebrated and am sorry I will not be there with all of you as I focus, with my wife Stephanie, on my immediate battle off the field."

Matthews was a head coach for 22 seasons in the CFL between 1983 and 2008, compiling a 231-133-1 record with B.C., Toronto, Saskatchewan, Baltimore, Edmonton and Montreal. He has won five Grey Cup rings as a coach. **THE CANADIAN PRESS**



Don Matthews talks to members of the media while with the Argos in Octob' er 2008. **TORSTAR NEWS SERVICE**

MLB. Ortiz hoping to be part of solution in Boston

David Ortiz got what he wanted a lot easier than he ever expected.

Ortiz, the face of the Red Sox since helping Boston end an 86-year World Series drought in 2004, finalized a \$26-million, two-year contract on Monday, a deal that could be worth up to \$30 million if he avoids another significant Achilles-tendon injury next year.

The soon-to-be 37-year-old had expressed his preference for a two-year deal the past two seasons. The club decided that keeping him and agreeing to his desire was a good first move this off-season.

"I don't think there was any doubt," he said during a Fenway Park news conference. "They approached me this year and our negotiation this year was easier than ever. They know what they were looking

Quoted



"I'm a person that likes to get prepared for a challenge.... It's very painful to see what we went through this season."

Red Sox designated hitter David Ortiz

for. There wasn't even ever a back-and-forth situation. It was pretty much, 'This is it and let's agree with it.' They know the pieces they need to put together to be successful this year."

Ortiz gets a \$1-million signing bonus payable on Jan. 15 and salaries of \$14 million next season and \$11 million in 2014. **THE ASSOCIATED PRESS**

NBA				
EASTERN CONFERENCE				
	W	L	Pct	GB
New York	2	0	1.000	—
Milwaukee	2	0	1.000	—
Orlando	2	0	1.000	—
Miami	2	1	.667	1/2
Brooklyn	1	0	1.000	1/2
Chicago	2	1	.667	1/2
Indiana	2	1	.667	1/2
Charlotte	1	1	.500	1
Philadelphia	1	1	.500	1
Atlanta	1	1	.500	1
Boston	1	2	.333	1 1/2
Cleveland	1	2	.333	1 1/2
Toronto	1	2	.333	1 1/2
Washington	0	2	.000	2
Detroit	0	3	.000	2 1/2

WESTERN CONFERENCE				
	W	L	Pct	GB
San Antonio	3	0	1.000	—
Golden State	2	1	.667	1
L.A. Clippers	2	1	.667	1
Portland	2	1	.667	1
Houston	2	1	.667	1
New Orleans	2	1	.667	1
Dallas	2	1	.667	1
Memphis	1	1	.500	1 1/2
Minnesota	1	1	.500	1 1/2
Utah	1	2	.333	2
Oklahoma City	1	2	.333	2
Phoenix	1	2	.333	2
L.A. Lakers	1	3	.250	2 1/2
Sacramento	0	3	.000	3
Denver	0	3	.000	3

Monday's results
New York at Philadelphia
Minnesota at Brooklyn
Phoenix at Miami
Utah at Memphis
Indiana at San Antonio
Portland at Dallas
Golden State at Sacramento
Cleveland at L.A. Clippers

Sunday's results
New York 100 Philadelphia 84
Toronto 105 Minnesota 86
Orlando 115 Phoenix 94
Atlanta 104 Oklahoma City 95
L.A. Lakers 108 Detroit 79

Tuesday's games
All Times Eastern
Toronto at Oklahoma City, 8 p.m.
Orlando at Chicago, 8 p.m.
Detroit at Denver, 9 p.m.

Wednesday's games
Phoenix at Charlotte, 7 p.m.
Washington at Boston, 7:30 p.m.
Brooklyn at Miami, 7:30 p.m.
Indiana at Atlanta, 7:30 p.m.
Memphis at Milwaukee, 8 p.m.
Orlando at Minnesota, 8 p.m.
Philadelphia at New Orleans, 8 p.m.
Denver at Houston, 8 p.m.
Toronto at Dallas, 8:30 p.m.
L.A. Lakers at Utah, 9 p.m.
Detroit at Sacramento, 10 p.m.
Cleveland at Golden State, 10:30 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.

Thursday's games
Oklahoma City at Chicago, 8 p.m.
L.A. Clippers at Portland, 10:30 p.m.

AHL				
EASTERN CONFERENCE				
ATLANTIC DIVISION				
	GP	W	L	OTL SOL GF GA Pts
Manchester	8	5	2	0 1 23 15 11
Worcester	10	4	4	1 1 26 32 10
St. John's	11	5	6	0 0 24 34 10
Portland	8	4	3	1 0 34 29 9
Providence	8	3	5	0 0 18 23 6
NORTHEAST DIVISION				
	GP	W	L	OTL SOL GF GA Pts
Springfield	9	6	1	0 2 33 17 14
Bridgeport	8	5	3	0 0 25 27 10
Connecticut	9	4	4	1 0 31 37 9
Adirondack	9	4	5	0 0 23 30 8
Albany	8	2	5	0 1 15 20 5

EAST DIVISION				
	GP	W	L	OTL SOL GF GA Pts
Norfolk	8	6	2	0 0 30 21 12
Syracuse	8	5	1	1 1 29 26 12
Binghamton	9	4	4	1 0 22 27 9
Hershey	9	4	4	1 0 26 26 9
W-B/Scranton	9	4	5	0 0 25 23 8

WESTERN CONFERENCE				
NORTH DIVISION				
	GP	W	L	OTL SOL GF GA Pts
Abbotsford	9	6	1	0 2 32 18 14
Lake Erie	11	7	4	0 0 36 29 14
Rochester	8	6	3	1 0 39 35 13
Hamilton	8	4	2	1 1 21 24 10
Toronto	8	3	4	0 1 19 24 7
MIDWEST DIVISION				
	GP	W	L	OTL SOL GF GA Pts
Chicago	10	6	3	1 0 28 29 13
Rockford	10	5	4	0 1 30 30 11
Grand Rapids	10	4	4	1 1 32 33 10
Milwaukee	9	4	5	0 0 21 24 8
Peoria	9	2	5	1 1 13 31 6

SOUTH				
	GP	W	L	OTL SOL GF GA Pts
Charlotte	10	7	2	0 1 40 24 15
Houston	10	5	3	1 1 35 28 12
Oklahoma City	10	5	4	0 1 31 31 11
San Antonio	9	4	4	0 1 19 22 9
Texas	8	3	5	0 0 16 27 6

Note: Two points awarded for a win, one for an overtime or shootout loss.

Monday's results
No Games Scheduled.
Sunday's results
W-B/Scranton 5 Bridgeport 3
Worcester 1 Manchester 0 (SO)
Charlotte 4 Chicago 1
Providence 3 St. John's 0
San Antonio 2 Oklahoma City 0
Grand Rapids 2 Houston 1 (SO)
Springfield 10 Connecticut 2
Tuesday's game
All Times Eastern
Chicago at Charlotte, 7 p.m.
Wednesday's games
Norfolk at Bridgeport, 11 a.m.
Milwaukee at Grand Rapids, 11 a.m.
St. John's at Manchester, 7 p.m.
Binghamton at W-B/Scranton, 7:05 p.m.
Syracuse at Hamilton, 7:30 p.m.
Thursday's games
Peoria at Charlotte, 7 p.m.
Toronto at Houston, 8:05 p.m.

ATP WORLD TOUR CHAMPIONSHIPS
At London, England
Monday's results
ROUND ROBIN
Singles
Group A
Novak Djokovic (1), Serbia, def. Jo-Wilfried Tsonga (7), France, 7-6 (4), 6-3.
Andy Murray (3), Britain, def. Tomas Berdych (5), Czech Rep., 3-6, 6-3, 6-4.
Standings: Djokovic 1-0 (sets 2-0), Murray 1-0 (2-1), Berdych 0-1 (1-2), Tsonga 0-1 (0-2).
Doubles
Group A
Marcel Granollers and Marc Lopez (6), Spain, def. Bob and Mike Bryan (1), U.S., 7-5, 5-7, 11-9.
Standings: Granollers-Lopez 1-0 (2-1), Paes-Stepanek 0-0 (0-0), Qureshi-Rojer 0-0 (0-0), Bryan-Bryan 0-1 (1-2).
Group B
Max Mirnyi, Belarus, and Daniel Nestor (2), Toronto, def. Robert Lindstedt, Sweden, and Horia Tecau (4), Romania, 4-6, 7-6 (1), 12-10.
Standings: Mirnyi-Nestor 1-0 (2-1), Bhupathi-Bopanna 0-0 (0-0), Marray-Nielsen 0-0 (0-0), Lindstedt-Tecau 0-1 (1-2).

TRANSACTIONS
BASEBALL
COMMISSIONER'S OFFICE — Suspended L.A. Dodgers RHP Jose Dominguez 25 games and free agent RHP Emerson Martinez and free agent SS Luis Valenzuela 50 games for violations of the Minor League Drug Prevention and Treatment Program.

AMERICAN LEAGUE
BOSTON RED SOX — Agreed to terms with DH David Ortiz on a two-year contract.
N.Y. YANKEES — Claimed C Eli Whiteside off waivers from San Francisco.
SEATTLE MARINERS — Agreed to terms with LHP Oliver Perez on a one-year contract.

NFL
CAROLINA PANTHERS — Claimed LB Jason Williams off waivers from Philadelphia.
Waived CB Ron Parker.
KANSAS CITY CHIEFS — Announced coach Romeo Crennel relieved himself of defensive co-ordinator duties. Waived CB Stanford Routt. Signed DT Shaun Smith. Named Gary Gibbs defensive co-ordinator.
NEW YORK JETS — Signed LB D.J. Bryant and RB John Griffin to the practice squad.
TAMPA BAY BUCCANERS — Traded CB Aqib Talib to New England for a 2013 fourth-round draft pick.

NHL
ST. LOUIS BLUES — Reassigned F Cody Beach from Peoria (AHL) to Evansville (ECHL).

AHL
BRIDGEPORT SOUND TIGERS — Returned G Kenny Reiter to Fort Wayne (ECHL).
PEORIA RIVERMEN — Loaned D Brent Regner to Evansville (ECHL).
SPRINGFIELD FALCONS — Assigned G Mike Clemente to Missouri (CHL).

CFL				
WEEK 19				
EAST DIVISION				
	GP	W	L	T PF PA Pts
Montreal	18	11	7	0 478 489 22
Toronto	18	9	9	0 445 491 18
Winnipeg	18	6	12	0 376 531 12
Hamilton	18	6	12	0 538 576 12
WEST DIVISION				
	GP	W	L	T PF PA Pts
B.C.	18	13	5	0 479 354 26
Calgary	18	12	6	0 535 430 24
Saskatchewan	18	8	10	0 457 409 16
Edmonton	18	7	11	0 422 450 14
Saturday's results				
B.C. 17 Saskatchewan 6				
Winnipeg 19 Montreal 11				
End of 2012 CFL Regular Season				
Friday's result				
Calgary 30 Edmonton 27				
Thursday's result				
Toronto 43 Hamilton 40				

PLAYOFFS
Sunday, Nov. 11
DIVISION SEMIFINALS
Byes: B.C., Montreal
East Division
Edmonton at Toronto, 1 p.m.
West Division
Saskatchewan at Calgary, 4:30 p.m.
Sunday, Nov. 18 — **All Times Eastern**
DIVISION FINALS
East Division
Semifinal Winner at Montreal, 1 p.m.
West Division
Semifinal Winner at B.C., 4:30 p.m.
Sunday, Nov. 25
100TH GREY CUP
At Toronto
East vs. West Winners, 6 p.m.

SCORING LEADERS				
x — scored two-point convert				
	TD	C	FG	S Pts
McCallum, BC	0	47	44	8 187
Paredes, Cal	0	49	40	1 170
Congli, Ham	0	49	40	2 171
Whyte, Mtl	0	50	33	9 158
Palardy, Wpg	0	31	39	6 154
Shaw, Edm	0	40	32	11 147
Waters, Tor	0	29	32	7 132
DeAngelis, Sask	0	26	30	2 118
x-C.Williams, Ham	15	2	0	0 92
Dressler, Sask	14	0	0	0 84
Cornish, Cal	13	0	0	0 78
Sheets, Sask	13	0	0	0 78
Harris, BC	11	0	0	0 66
x-Lewis, Cal	10	2	0	0 62
Milo, Sask	0	16	11	12 61
McPherson, Mtl	9	0	0	0 54
Whitaker, Mtl	9	0	0	0 54
x-Fantuz, Ham	8	6	0	0 54
Charles, Edm	8	0	0	0 48
Stamps, Edm	8	0	0	0 48
Walker, Ham	8	0	0	0 48
x-Matthews, Wpg	7	4	0	0 46
Brink, Wpg	7	0	0	0 42
Prefontaine, Tor	0	5	10	4 39
Grant, Ham	6	0	0	0 36
C.Koch, Edm	6	0	0	0 36
Owens, Tor	6	0	0	0 36
V.Anderson, Mtl	5	0	0	0 30
Boyd, Tor-Edm	5	0	0	0 30
Bruce, BC	5	0	0	0 30
Durie, Tor	5	0	0	0 30
Gore, BC	5	0	0	0 30
Iannuzzi, BC	5	0	0	0 30
Inman, Tor	5	0	0	0 30
Kackert, Tor	5	0	0	0 30

NFL						
AMERICAN CONFERENCE						
EAST						
	W	L	T	Pct	PF	PA
New England	5	3	0	.625	262	170
Miami	4	4	0	.500	170	149
N.Y. Jets	3	5	0	.375	168	200
Buffalo	3	5	0	.375	180	248
SOUTH						
	W	L	T	Pct	PF	PA
Houston	7	1	0	.875	237	137
Indianapolis	5	3	0	.625	159	191
Tennessee	3	6	0	.333	182	308
Jacksonville	1	7	0	.125	117	219
NORTH						
	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	199	176
Pittsburgh	5	3	0	.625	191	164
Cincinnati	3	5	0	.375	189	218
Cleveland	2	7	0	.222	169	211

WEST						
	W	L	T	Pct	PF	PA
Denver	5	3	0	.625	235	175
San Diego	4	4	0	.500	185	157
Oakland	3	5	0	.375	171	229
Kansas City	1	7	0	.125	133	240

WEEK NINE
Thursday, November 1
San Diego 31 Kansas City 13
Sunday, November 4
Detroit 31 Jacksonville 14
Chicago 51 Tennessee 20
Denver 31 Cincinnati 23
Houston 21 Buffalo 9
Indianapolis 23 Miami 20
Carolina 21 Washington 13
Green Bay 31 Arizona 17
Baltimore 25 Cleveland 15
Tampa Bay 42 Oakland 32
Seattle 30 Minnesota 20
Pittsburgh 24 N.Y. Giants 20
Atlanta 19 Dallas 13
Monday, November 5
Philadelphia at New Orleans, 8:30 p.m.

SOCCER
MLS PLAYOFFS
SEMIFINALS
(two-game, total-goals series)
EASTERN CONFERENCE
D.C. UNITED VS. NEW YORK
(Series tied 1-1)
Saturday's result
D.C. 1 New York 1
Wednesday's game — All Times Eastern
D.C. at New York, 8 p.m.

KANSAS CITY VS. HOUSTON
(Houston leads series 2-0)
Sunday's result
Houston 2 Kansas City 0
Wednesday's game
Houston at Kansas City, 9 p.m.
WESTERN CONFERENCE
SAN JOSE VS. LOS ANGELES
(San Jose leads series 1-0)
Sunday's result
San Jose 1 Los Angeles 0
Wednesday's game
Los Angeles at San Jose, 11 p.m.

WEEK 10
Thursday's game — All Times Eastern
Indianapolis at Jacksonville, 8:20 p.m.
Sunday, November 11
N.Y. Giants at Cincinnati, 1 p.m.
Denver at Carolina, 1 p.m.
San Diego at Tampa Bay, 1 p.m.
Tennessee at Miami, 1 p.m.
Oakland at Baltimore, 1 p.m.
Buffalo at New England, 1 p.m.
Detroit at Minnesota, 1 p.m.
Atlanta at New Orleans, 1 p.m.
N.Y. Jets at Seattle, 4:05 p.m.
Dallas at Philadelphia, 4:25 p.m.
St. Louis at San Francisco, 4:25 p.m.
Houston at Chicago, 8:20 p.m.
Monday, November 12
Kansas City at Pittsburgh, 8:30 p.m.

SEATTLE VS. REAL SALT LAKE
(Series tied 0-0)
Friday's result
Seattle 0 Real Salt Lake 0
Thursday's game
Seattle at Real Salt Lake, 9:30 p.m.

ENGLAND
PREMIER LEAGUE
Yesterday's result
West Brom 2 Southampton 0

GREECE
Yesterday's result
Aris 2 Veria 1

NETHERLANDS
Yesterday's result
AaB Aalborg 1 FC Midtjylland 3

SPAIN
PRIMERA
Yesterday's result
Getafe 2 Real Betis 4



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Horoscopes

Aries

March 21 - April 20

You are intensely curious about what's going on around you, and that's good. The more you try to understand why certain things are happening, the more likely it is you will be able to turn them into an advantage.

Taurus

April 21 - May 21

As Mercury turns retrograde in the wealth area of your chart today, you must strive to see solutions rather than problems. You may have to make some big changes but in the long term, they will be well worth it.

Gemini

May 22 - June 21

Try not to get caught up in a fight or feud that has nothing to do with you. You may not be the kind of person who stands back while other people get angry but on this occasion, it's by far the best course.

Cancer

June 22 - July 23

You need to look ahead and start making plans, but you must not act on those plans just yet. As Mercury, planet of the mind, turns retrograde today, it may be several weeks before the way ahead is clear.

Leo

July 24 - Aug. 23

You are not always as positive in your outlook as other people think you are and something is certainly bothering you now. Whatever it is, you can be sure it is of only minor importance. Put it out of your mind.

Virgo

Aug. 24 - Sept. 23

You may have to ask for assistance from a friend or family member today. The more you have kept your feelings to yourself in recent weeks, the less likely it is others will know anything is wrong. So tell them.

Libra

Sept. 24 - Oct. 23

As usual, you have lots to say. But as Mercury, planet of communication, begins one of its retrograde phases today, you would be wise to keep some of your more outrageous thoughts to yourself!

Scorpio

Oct. 24 - Nov. 22

This could be a rather confusing sort of day, so you will need to keep your number one goal in mind and in sight at all times. Keep your eyes and ears open, but also keep your head clear of distractions.

Sagittarius

Nov. 23 - Dec. 21

You need to come to grips with certain fears. You need to find ways to limit the hold they have over your life. To start, you need to accept they exist and that means accepting yourself as you are.

Capricorn

Dec. 22 - Jan. 20

Your mind will be wrestling with some pretty deep questions today and throughout the remainder of the week, but they must not be allowed to get in the way of everyday matters. You still have to put food on the table.

Aquarius

Jan. 21 - Feb. 19

Try to adopt a more light-hearted attitude. Try not to see the world and its problems as your responsibility. You can still find ways to do good but they must be ways that make you feel good as well.

Pisces

Feb. 20 - March 20

You need to be clear in your mind what the difference is between duty and pleasure. Can you find areas where you can do what is expected of you and have fun at the same time? **SALLY BROMPTON**

Canadian Crossword

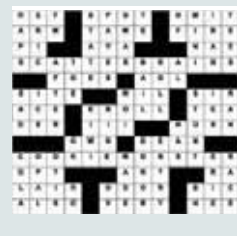
Across

- The — in the Hat
- Swiss mountain
- Dull throb
- Computer geek
- Hawaiian garland
- One who accomplishes
- Actor or actress
- Participated in a marathon
- and fro
- Easel boards
- Corn and Maple
- Hospital waiting room (abbr.)
- Haw
- Deal — No Deal
- Railing post
- Guido's high note (2 words)
- Put into office
- Honest President
- Assign
- Courtroom figure
- Tennis and volleyball apparatus
- Ready — Not
- Things of value
- Theatre passageways
- Elsewhere
- Heir, often
- Family photos
- This weighs — (2 words)
- High card
- Femur or ulna
- Cat and dog feet
- Born
- Spelling competition

Down

- Use a knife
- Fireplace residue
- Golf gadget
- MacGraw of "Love Story"
- Flowery meadow
- and needles
- Commercial
- Summer veggie
- of the Class
- Sea eagles
- Letters between Q and V
- Coke and Pepsi
- Camping equipment
- You Afraid of the Dark?
- New York stadium
- Puppy noises
- Gather
- Sun God
- Autumn colour
- Fade
- Aid in a crime
- Make a Deal
- Fictional Jane
- Canadian Automobile Association (abbr.)
- Computer lingo
- Supersonic jet
- Ticket receipt
- PDQ
- Small tiny amount
- Sub-zero precipitation
- Reach
- Drink cooler
- Average grade
- Pilfer
- Compass bearing
- Eye
- Canadian province (abbr.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	8	4	1	7	3	5	9	6
5	3	1	6	8	9	7	2	4
6	9	7	4	2	5	3	8	1
3	2	8	9	6	1	4	7	5
7	5	6	3	4	8	2	1	9
1	4	9	7	5	2	8	6	3
8	6	3	2	1	4	6	5	7
9	1	2	5	3	7	6	4	8
4	7	5	8	9	6	1	3	2

easy

hard

Sharability





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Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	\$1,604.28/coin
9999 Canada Maple leaf, less than 1 ounce	\$51.58/g
24k Jewellery	\$39.43/g
22k	\$36.12/g
E. Indian/Nuggets	\$32.02/g
18k	\$29.57/g
14k and dental	\$22.99/g
10k	\$16.40/g
9k	\$14.79/g
8k/antique gold	\$9.86/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,545.49
Gold 10 ounce (Recognized)	\$15,370.87
Gold 1kg (Recognized)	\$49,417.34
Gold bars, less than 1 ounce (Recognized)	\$49.42/g
999 Gold bar (Unrecognized)	\$48.07/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	\$29.76/coin
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Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.61/g
Stamped Sterling Silver Jewellery	\$0.58/g
Mexican Silver stamped 925	\$0.49/g
Stamped 800 Silver	\$0.48/g
Unstamped scrap silver	\$0.32/g
Other silver coins	\$0.65/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-11-05, 19:22:31 PM

Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: \$4,448.57



Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: \$253.14



Example Purchase 3:

Purity: 14k • Weight: 183.30g

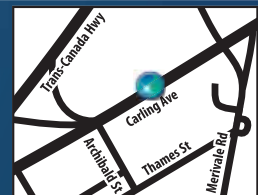
PRICE: \$4,214.07



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